

Progressive Muscle Relaxation Script



A follow-along script that relaxes your body one muscle group at a time, hands to feet. Read it slowly to yourself, or have someone read it to you.

THE PRINCIPLE

For each group below: tense hard for about **5 seconds**, then release for **15**, and pay attention to the difference. The release is the lesson - it teaches your body what relaxed actually feels like.



TENSE 5s



RELEASE 15s

1 Hands & forearms

Make two fists. Squeeze like you're wringing out a towel. Feel it grip up into your forearms... and let go. Let your fingers uncurl and go heavy.

2 Upper arms

Bend your elbows and pull your fists up toward your shoulders, like showing off your muscles. Hold the flex... now release. Let both arms drop and dangle.

3 Shoulders & neck

Lift your shoulders up toward your ears, as high as they'll go. Hold them there... and drop. Feel the space open up along the sides of your neck.

4 Face

Scrunch everything toward your nose - squeeze your eyes shut, wrinkle your forehead, purse your lips. Hold the scrunch... then smooth it all out.

5 Jaw

Press your back teeth together and clench. Notice the tightness spread toward your temples... now let your jaw hang loose, lips barely touching.

6 Chest & back

Take a deep breath in and pull your shoulder blades toward each other behind you. Hold the breath and the squeeze... exhale, and let your chest soften.

7 Stomach

Tighten your stomach like you're bracing for a friendly poke. Hold it firm... and let it go. Let your belly be soft and round. It's allowed.

8 Thighs & glutes

Press your knees together and clench your seat, like you're gripping the chair. Squeeze hard... then release, and feel yourself sink down an inch.

9 Calves & feet

Point your toes and curl them under, gently. Feel your calves tighten... now let go completely. Let your feet flop wherever they want to land.



THE FINISH

Let your whole body be heavy for 30 seconds - no tensing, just weight. Then run one slow scan from scalp to toes. Anywhere still holding on? Tense that spot one more time... and let it go.

GOOD TO KNOW

- A full round takes 10 to 15 minutes. Slower works better.
- Skip any group that cramps or hurts. No pushing through pain.
- Works lying down or seated in a chair with feet flat.
- A round at bedtime is a classic use. Drifting off early is fine.